KITCHEN on FIRE

Pan Seared Wild Cod W/ Sweet potatoes Mushrooms and Spinach, Cumin, Cilantro and Ginger

Serves 6-8

Ingredients

4 tbsp	Olive Oil
1/2 cup	Red Onion, coarsely chopped
4 tbsp	Fresh Ginger, peeled and grated
2 tsp	Cumin Seeds, toasted and ground
1 1/2 lb	Sweet potatoes, peeled and cut in bite size cube (1/2 inch)
1 tsp	Paprika
2-3 cups	Mushrooms of choice, quartered or sliced thick (1/4 inch)
4 cups	Fresh Spinach
rind	1/2 Lemon Preserved, finely chopped (Can use zest of 1 Meyer lemon)
1 each	Lemon, juiced
1 small	Parsley bunch, finely chopped
1 small	Cilantro bunch, finely chopped
to taste	Celtic or Redmond Real Salt & Pepper

Gremolata (makes 1 cup)

½ bunch	Parsley Leaves
1 tbsp	Rosemary, finely chopped
1 medium	Lemon, zested
3 tbsp	Pine nuts or Walnuts
2 tbsp	Capers, rinsed
1 tbsp	Red Onion, minced
3 tbsp	Olive Oil
to taste	Celtic or Redmond Real Salt & Pepper

Place the parsley with the next 6 ingredients in a food processor. Puree until smooth & season with Celtic or Redmond Real Salt and pepper

For the Sweet potatoes

1. Cook the onion in 3 tbsp olive oil on medium heat for about 3 minutes stirring frequently, add the ginger and the cumin and cook for another 2 minutes or until fragrant.
2. Toss in the sweet potato along with paprika and the remaining oil. Season with Celtic or Redmond Real Salt and pepper; add enough water to coat the bottom of the pan.
3. Cover and cook gently for 7-8 more minutes or until the potato is getting tender but not falling apart and the liquid has reduced.
4. Add the mushrooms and cook for another 2-3 minutes.
5. Add the spinach and the preserved lemon rinds and the lemon juice. Serve warm or room temperature with the parsley and cilantro.

For the Cod

2-2 ½ lbs	Cod Filet, cut into 6 equal portions

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2-3 tbsp	Vegetable Oil
to taste	Celtic or Redmond Real Salt & Pepper

1. Preheat the oven to 200°.
2. Season the steaks/cod with Celtic or Redmond Real Salt & pepper. Heat a cast iron skillet on medium heat, let heat up for a minute or so & add enough oil to coat the surface. In batches sear the cod on both sides until nicely browned & remove to a sheet tray. Place the sheet tray into the oven for a few minutes until ready to eat.
3. Serve with the sweet potatoes.

Equipment

-cook's knife
-large sauté pan with a lid
-sheet trays
-cast iron skillet, or sauté pan
-blender

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